

Useful Hints

Woman and Home

Ethical Talks

Beauty Secrets

What to Do When Your Muscles Get Too Tired.

By Mme. Lina Cavallieri.

Girls who read this page, are your muscles twisted into tight knots? You do not know, and yet as you read you more or less unconsciously relax the muscles that have been drawn together as you tie a rope into a knot.

If you feel that you are frowning, remember that ugly knotted rope and untie it.

If your lips are drawn into a hard, straight line that aces your face and makes you look ungracious and unlovely, untie the rope. If nervousness has made you draw your fingers together into the semblance of monkey claws, relax them. Untie the rope.

Keep the thought of that knotted rope constantly before you. It will be your beauty's danger signal, as the waving red lantern is the warning of danger on the railroad track.

Keep Muscles Loose.

A rope straight, smooth, new and fresh is not an ugly object. It is, especially if it is relaxed and loose, at ease and soft, rather graceful than otherwise. But watch it when strained, and study it when knotted. It is like our muscles—graceful when relaxed, drawn when in motion, and ugly when knotted. If you think of your muscles always as ropes, you will better govern them.

Keep them loose when you can, strain them as little as possible and never tie them in knots.

Let me illustrate: There are two sorts of frowns. The ugly lines between the eyebrows may be caused by a fretful disposition. But they are not as full of signs of temper. They may be the lines etched by intense concentration.

Don't Frown Smile.

In fact, I have always considered them not temper lines, but student lines. I have always contended that close application and beauty are not companions. Habits of concentration bring rewards to the intellect, but not to beauty. Intelligence adds to beauty a certain flashing attraction of the fact, but an alert intelligence is one thing, and the red-rimmed eyes, the coupling shoulders and the knotted brow caused by excessive study are quite another.

At your study, at your work, or even at your pleasure, as automobiling, remember the ugliness of the knotted rope. Don't frown. If you catch yourself frowning smile as instantly as though you saw the man you love best in all the world approaching.

If you find the muscles about your lips tightening, while you read or write, relax at once. I have seen a rope so knotted that no human being could untie it. That is what habit does to the muscles that are too long used in an unnatural and unbecoming way. For instance, the grown is unnatural. So is the downward expression of the lips. So are the clenched hands. So are the feet drawn tightly together as you sit. So are the knees pressed together.

Lessons From Animals.

We can learn from animals wonderful lessons in relaxation. Yesterday I saw a friend's bull terrier sunning himself on the lawn. He was spread out almost as flat as a rug. The shining hind legs were flattened upon the ground. His front paws were stretched out before him, and his head lay between them. I thought how different we lie, as we say, at rest. We clench our hands, frown, place our hands firmly on the pillow, twist our feet backward, bend our bodies into a bow and try to go to sleep.

Then your pet cat. Have you noticed how completely she relaxes when she is at rest? She is never rigid, except when hunting troubled dreams.

The argument is offered that animals rest so completely because they have no worries. I answer that, at least at the times we rest, we must stop work as early as possible to their state. Stop working for the time, at least.

Exercise Self-Control.

Relax the tightened muscles by relaxing exercises. As you lie on the bed, let the bed hold you. Don't do its work by holding yourself on the bed.

You can give yourself up to the bed as easily as you do to the work when you are on a vessel. Nonresistance is rest. An authority has said that it is the unconscious resistance to the waves that is the real reason for sea sickness.

If you feel your face hardening and your mouth forming a straight, hard line, relax by inhaling deeply and expelling the air slowly from between slightly parted lips. Either breathe out the air slowly or repeat one of the vowels, saying "Ah! Ah! Ah!" often and slowly, or "Oh! Oh! Oh!" slowly, or "Ee! Ee! Ee!"

When your hands or feet are drawn tightly shake them loose. Of course, I do not mean this literally. Let me explain. Raise the arm so that the elbow presses against the side and the forearm stretches forward easily. Let the hands drop at the wrist. Then shake the hands from side to side. The side-to-side movement of the feet will also relax them.

If your nerves seem hopelessly tangled and you feel that you will surely scream, exercise your self-control until you can get away and be alone. Then remove your tight clothing, get into a loose garment and lie flat on your back in a darkened room.

Advertising

By William F. Kirk.

"Folks says it pays to advertise." Said old man Banks to me.

"Folks says the merchants that is wise. Prints prices folks can see. But Silas Sanders, poor old jay, Says 'No, not on your life' Cause advertising was the way Old Silas got his wife."

"He sent an ad. all wrote up slick, To some dern magazine. That says an ad. will do the trick And fetch a man a queen. Wal, Silas never knew a lot. He went and wrote a letter. You order see the queen he got— 'The queen got him' is better."

"She seen his ad. and came to Si. As fast as steam could bring er, She married Si and bye and bye. She ran the ranch, got ding 'er. So if you don't want no black eyes Or no disturbance near you, Don't say it pays to advertise. Where poor old Si can hear you!"

Menu Suggestions

Breakfast.

Stewed Rhubarb Cereal with Cream
Fried Eggs Creamed Potatoes
Scones Coffee

Lunch.

Tomato Savory Stuffed Potatoes
Vanilla Souffle Tea

Dinner.

Noodle Soup Stewed Chicken
Steamed Potatoes Stewed Corn
Heidelberg Salad Cheese Puffs
Wine Jelly Coffee

Household Hints

Turn the nozzle of the garden hose to a fine spray and sprinkle the clothes while they are on the line—a very quick and good method. All plain pieces may then be rolled and laid in the basket as they are taken down. Starched articles may need a little further hand-sprinkling.

For moth and dustproof covers for storing furs and woolen clothes, make large bags of unbleached muslin, with draw strings at top and bottom. Soak the bags in turpentine and hang in the air until the odor is destroyed. Place the clothes on hangers, adjust the covers over them and draw the strings tight.

Very pretty portieres can be made from leather scraps, known as "binders scraps." The scraps of leather are cut in strips one-half-inch wide and tied in knots, as carpet rags are tied. The more knots the more effective the portiere. A beautiful shade of green leather can be purchased at a book-binder's for 10 cents or so per pound. Six pounds will be sufficient to make a good-sized portiere.

Some Useful Dreams

Play Part in Making History

Let people scoff at dreams, but they have played a useful part in many lives. It is probable that no modern man reduced dreaming to so scientific and useful a point as Robert Louis Stevenson.

He was a wonderful dreamer, and could dream in sequence, continuing a dream from the point where he had broken off, like a serial story. It was in this way that the greater part of "Jekyll and Hyde" was put together.

Well, if a man can dream a masterpiece of fiction, it is worth something. The finest national hymn in the world is the "Battle Hymn of the Republic." Mrs. Julia Ward Howe, who wrote the hymn, heard the soldiers singing "John Brown's Body." The tune sank in her mind, and she thought she would like to write new words to it. But they wouldn't come. She retired for the night, and dreamed the whole poem as it stands. Getting out of bed, and scarcely conscious of what she did, she wrote the verses, then got back into bed and slept till morning.

But perhaps the cake is taken in this sort of thing by the inventor of the sewing machine. Elias Howe was the man, and his difficulty was not the machine, but the needle. He might have failed altogether but for this dream. He thought he was in a strange and savage land and was to be executed if he did not complete the machine and make it sew.

He was given twenty-four hours, and he spent it in an agony of work, apparently. It was all useless, until he was actually being led to the place of death. On the way he noticed that the warriors who guarded him carried spears which were pierced near the head. Instantly the inventor saw the solution of his difficulty, and whilst he was begging for time he wrote. It was 4 o'clock in the morning. He leaped out of bed, rushed to his workshop, and before breakfast he had modeled the first sewing machine needle, with the eye at the point.

Mulberry and raspberry shades are

What to Wear

Frock of Pussy Willow Trimmed With Corded Shirrings.

By Mme. Qui Vive.

To be fashionably attired is a difficult business—you must look like everybody else, only different.

The primest, funniest little cape collars are being brought over from the other side of the world, where war rages.

They are quite the most grandmotherly looking affairs that have been offered for our celestial consideration.

A queer little dud, inspired by the epoch of 1830, is a pelerine of rose-color tulle. It is a rounded cape, with high, curving collar, and both cape and collar are edged with medallions of embroidered tulle. Just when one might wear such a thing is a considerable question. A model of rose-color organdie is made of petal-shaped pieces that extend well down over the shoulders and dash up about the ears, where dozens of smaller petals flare into being. All the edges are hem-stitched, and the whole thing laces together in front with a black velvet ribbon.

A pelerine of taffeta in Nattier blue is a circular-shoulder cape, with a double ruche at the neck and velvet ribbons that tie in front with all the "demurety" of Quaker garb.

Women who believe that simplicity is the best rule will steer clear of these cape things, which, on the face of them, are useless and not ornamental. There must be a reason for clothes, as there must be a reason for everything else in life.

Taffeta trimmed is the crown's blue taffeta frock that dresses the little lady in the sketch.

This is an excellent model for a grown-up for general knockabout wear. The fabric is of the soft pussywillow that stitches nicely and drapes gracefully. The entire decorative scheme is furnished by shirred bands, made every stitch by hand, and, therefore, unusually effective. There are five cords in the lower band, one on either edge and three in the center. The next band is narrower, until the fourth one has but a single cording between the two outer ones. The cording is formed of the same ornamental design, which runs around in a circle and loops under the arms. Where the sleeve enters the armseye, where the bodice closes, and where sleeve and cuff unite, the same little puff things appear, all forming a



Taffeta Frock.

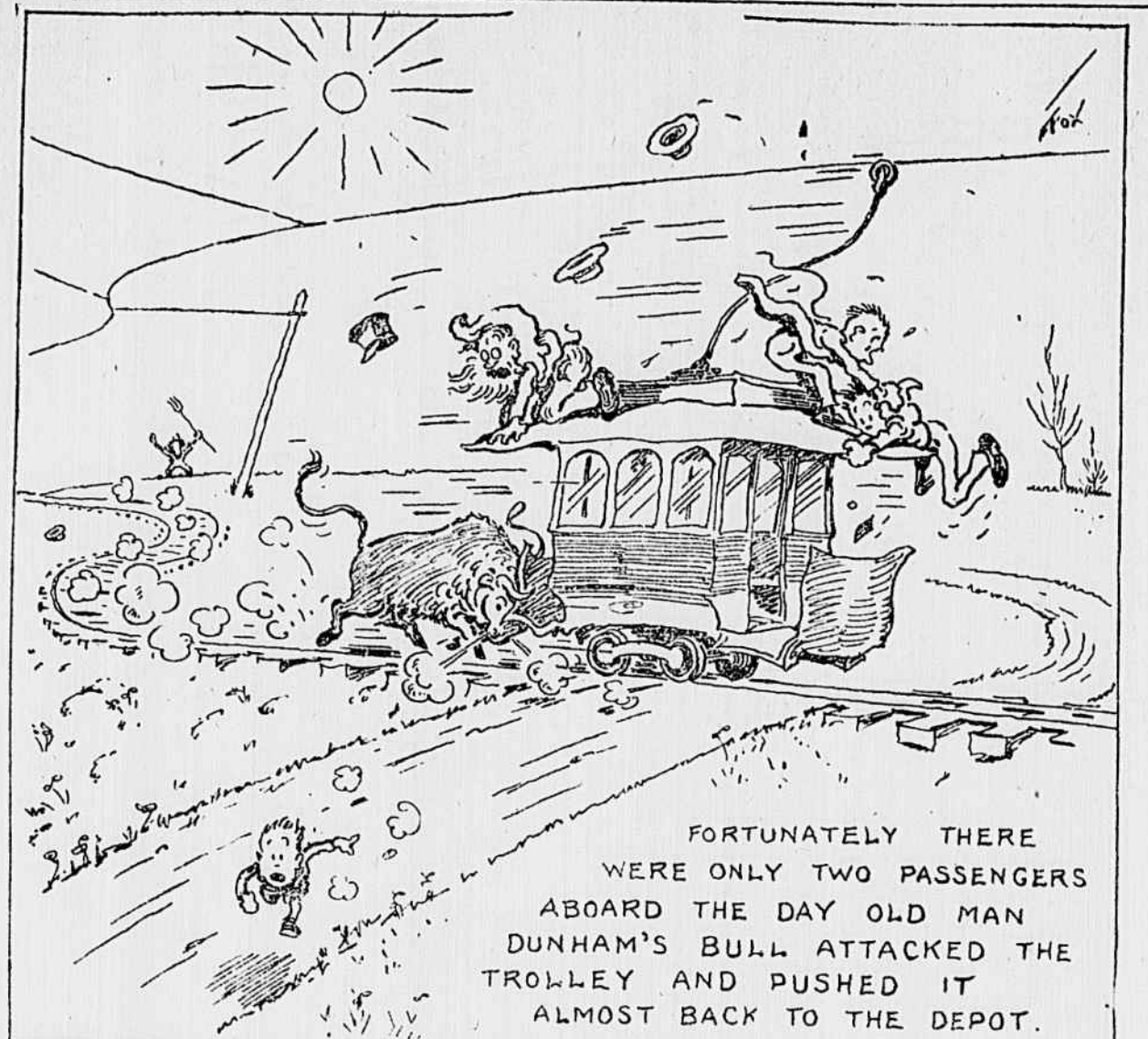
frock of sufficient trim to be charming, and yet simple enough for general utility wear.

The collar, of organdie, embroidered by hand, is detachable. The same model in solid color voile de sole would be attractive. The original design came from the house of Jenny, the ever-youthful.

Mulberry and raspberry shades are

The Toonerville Trolley, Which Meets All the Trains. By F. Fox

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FORTUNATELY THERE WERE ONLY TWO PASSENGERS ABOARD THE DAY OLD MAN DUNHAM'S BULL ATTACKED THE TROLLEY AND PUSHED IT ALMOST BACK TO THE DEPOT.

Cleaning Lace

The kind of lace that is too delicate to be washed in the usual way can be cleaned in this way: make a strong soapuds of some good soap and allow the lace to remain in it for several hours at least, although it is well to shake it out occasionally. A wide-mouthed bottle is most convenient to handle. When the lace is thoroughly soaked let the soapy water out of the bottle and keep adding clean water until the soap has all been removed from the lace. Do not handle the lace at all, shaking the bottle will rinse it thoroughly. If the lace is narrow wind it round a bottle that has been covered with a piece of soft flannel and do not remove it until it is dry.

among the most popular colors for silk sweaters.

Mexican grass hats, trimmed with parrots—or rather the portraits of parrots, since they are painted on—are going to be as common as anything can be; therefore, avoid them.

Hand-painted muslin frocks are making something of a stir. They are expensive and perishable, and, for that reason, some women will greatly desire them. Our idea of a muslin frock is something that doesn't make faces at the laundry tub. However, every woman to her own taste.

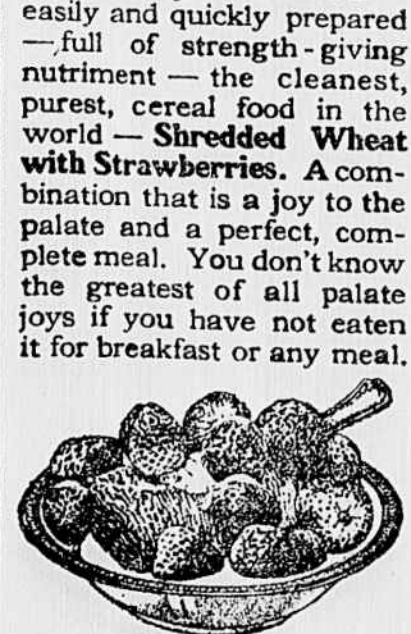
(Copyright, 1916, by J. Keeley.)

TAG DAY TO-MORROW

Mayor Grants Permission to Children's Aid Society to Raise Funds.

Mayor George Ainslie has given his consent to the Children's Home Society of Virginia to hold a tag day Friday in the interest of the society. Large demands on the society in caring for helpless and homeless children has caused it to incur heavy debts for clothing, food, fuel and other supplies. Rev. W. J. Maybee, D. D., superintendent, said last night that it was imperative that funds be raised at once to pay outstanding bills.

A Blessed Boon to Busy Brides—easily and quickly prepared—full of strength-giving nutriment—the cleanest, purest, cereal food in the world—Shredded Wheat with Strawberries. A combination that is a joy to the palate and a perfect, complete meal. You don't know the greatest of all palate joys if you have not eaten it for breakfast or any meal.



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SEE OUR DISPLAY OF

GARLAND GAS RANGES

AT THE

Central Furniture Co., Inc. 7 and 9 West Broad Street.

WEDDING DATE ADVANCED

Miss Beatrice Lambdin, of Savannah, and John W. Yopp, of Atlanta, Married in Washington.

WASHINGTON, May 24.—Miss Beatrice Lambdin, of Savannah, and John William Yopp, of Atlanta, were married to-day at Calvary Methodist Church. Mr. Yopp is editor of the Southern Banker. Dr. James S. Montgomery performed the ceremony in the presence of many prominent Georgians, including Senator and Mrs. Hoke Smith, Senator and Mrs. Hardwick and Mr. and Mrs. W. J. Harris.

The bride is the daughter of Judge and Mrs. William W. Lambdin, of Savannah. The wedding to-day was a surprise, the date having been set for the latter part of June in Savannah. Miss Lambdin and her mother were here on a visit, and Mr. Yopp joined them yesterday. The date was advanced so that Mr. Yopp could take his bride on a Western trip he was contemplating.

Gilpin on Governor's Staff.

Governor Stuart yesterday appointed Kenneth N. Gilpin as a member of his staff. Mr. Gilpin represented Clark and Warren Counties in the recent session of the General Assembly. The appointment brings the staff to its full strength. Ever since Governor Stuart took office it has been one man short.

TO-TAY'S BEAUTY TALK

You can make a delightful shampoo with very little effort and for a very trifling cost, if you get from your druggist a package of camellia and dissolve a teaspoonful in a cup of hot water. Your shampoo is now ready. Just pour a little at a time on the scalp and rub briskly. This creates an abundance of thick, white lather that thoroughly disolves excess oil and dirt. After rinsing the hair dries quickly with a fluffiness that makes it seem heavier than it is, and takes on a rich luster and a softness that makes arranging it a pleasure.



IF YOU MUST WEAR GLASSES

Why Not Wear the Best?

With our complete equipment, our skilled corps of assistants, the best quality of materials, and all the essentials for making and fitting glasses, we feel we are in position to serve you BEST.

Let us demonstrate to your satisfaction.



The Highest Grade, Most Intelligent Optical Shop in the South. 211 East Broad Street.

Captured by Black Magic

The evil spell of the Black Order reaches from afar and captures the astral body of Myra Maynard. Payson Alden, psychic detective, at her side, seeks to rescue her. Then follows a thrilling battle of wills, psychic forces and hypnotism. You can see it all in



The Mysteries of MYRA

now showing at the best theatres. You see with thrilling vividness how the astral body develops—what a hypnotizing machine

is—what your own aura looks like. It is thrilling, instructive and a powerful love story. Jean Sothorn as Myra and Howard Estabrook as the psychic detective. Read the story in the

Sunday Times-Dispatch

and see it in all its charm and beauty at the Victor Theater, Albion and New Theater.

Produced by Wharton, Inc. Under personal direction of Theodore and Leo Wharton.